## Applications to be accepted for 2017 National Veterans Golden Age Games

Event Takes Place in Biloxi, May 7-11

The Department of Veterans Affairs (VA) will accept applications from Veterans interested in competing in the 2017 National Veterans Golden Age Games beginning Feb. 1. Veterans ages 55 and older and enrolled in VA health care may complete applications online at <a href="www.veteransgoldenagegames.va.gov">www.veteransgoldenagegames.va.gov</a>. Applications will be accepted through March 1.

"VA is committed to offer sports and fitness as an integral part of a successful healthcare program, and I encourage every eligible Veteran to take advantage of this opportunity," said Carla Carmichael, National Veterans Golden Age Games director. "There are significant health benefits to leading an active lifestyle, and in keeping with the Games motto, we want every Veteran to achieve 'Fitness For Life."

The 2017 National Veterans Golden Age Games will take place in Biloxi, Mississippi, May 7-11. Nearly 800 athletes are expected to compete in the national multi-sport competition for senior Veterans, embracing the "Fitness for Life" motto. The event encourages participants to make physical activity a central part of their lives, and supports VA's comprehensive recreation and rehabilitation therapy programs. Competitive events include air rifle, badminton, boccia, bowling, cycling, golf, horseshoes, nine ball, powerwalk, shuffleboard, swimming, table tennis, and track and field. Exhibition events include: air pistol, archery, basketball, blind disc golf and pickleball.

VA research and clinical experience verify that movement and exercise are important to maintaining good health, speeding recovery and improving overall quality of life. The games encourage participants to continue in local senior events in their home communities and every other year serve as a qualifying event for competition in the National Senior Games. VA Gulf Coast Veterans Health Care System will host this year's games. The Gulf Coast Veterans Health Care System provides care for more than 50,000 Veterans throughout Mississippi, Alabama, and Florida.

For more information visit <u>www.veteransgoldenagegames.va.gov</u> and follow VA Adaptive Sports on Twitter at @VAAdaptiveSport or on Facebook at <u>www.facebook.com/vaadaptivesports</u>.

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